

ABSTRACT OF THE DISCLOSURE

The present invention provides an image heating apparatus including:

5 a conveying roller for conveying the recording material;

a heat supply member which supplies heat to the conveying roller, the heat supply member being in contact with an external periphery of the conveying roller to form a heating nip portion;

10 a back-up member which forms a conveying nip portion in cooperation with the conveying roller for nipping and conveying the recording material;

wherein, in a rotating direction of the conveying roller, the heating nip portion has a width
15 larger than a width of the conveying nip portion, and a total pressure applied to the conveying nip portion is larger than a total pressure applied to the heating nip portion.